

Cookery Notes

Diet in Case of a Cold.
At the beginning of a cold the diet should be light but slightly stimulating and solid. Avoid greasy foods, cheese, pork, veal and game. In catarrhal conditions, smoked or salted meats should be tabooed, as also tea, coffee, moist bread and pastry. A full starch diet aggravates catarrh.

In the selection, preparation and service of any invalid's food there are certain fixed rules that may be briefly summarized as follows:

Regularity in feeding. No patient should be made to wait beyond the regular time for meals. Unless one has been ill oneself it is difficult to imagine the sinking, nauseating feeling that comes to a sick person when the meal has been forgotten or delayed.

Give the nourishment in as concentrated a form as possible.

Bathe the patient's face and hands and rinse the mouth before each meal. The comfort of the patient is dependent in a large degree upon the condition of the mouth.

Be sure that everything served is absolutely fresh, sweet and sound, whether meat, fish, eggs, vegetables or fruit.

No fried foods should ever be given an invalid.

Provide as much variety as possible and let things be a surprise.

Avoid serving too many things at a time or in too large a quantity. Do not fill cups or glasses full, but leave at least an inch from the top.

When the diet is limited in variety the patient may be gratified by having it served in courses, eating more than if served all at once.

After eating remove at once all traces of the meal. If it is advisable to have any food or drink left in the sick room cover closely.

Entire Wheat Buns.

One cup of milk scalded, one-fourth cup of butter, one-fourth cup of sugar, one yeast cake dissolved in one-fourth cup of lukewarm water, one-half teaspoon of salt, entire wheat flour, three-fourths cup of dates stoned and cut in pieces. Add one-half the sugar and the salt to the milk and when lukewarm add the yeast and one and a half cups of flour. Cover and let rise until double, then add the remaining sugar, butter (melted but not hot), the dates and enough flour to make a soft dough. Let rise again, then shape into biscuits and place in a buttered pan one inch apart or in gem pans. Let rise until well puffed and bake for twenty minutes in a hot oven. If the mixture is to stand over night one-half of a yeast cake will be sufficient.

Caramel Frosting.

When making a caramel frosting coffee is sometimes used instead of water. It imparts a unique flavor. Brown two tablespoonfuls of granulated sugar and when a reddish brown, but not burned, add three tablespoonfuls of boiling hot coffee. The coffee should be very hot or the caramels will turn to candy. Never pour any cool or lukewarm liquid over browning sugar in a pan. When the boiling hot coffee has dissolved the caramel pour the mixture into powdered sugar and stir it constantly to a smooth paste such as would be easily spread over a cake without "running."

Mock Pineapple Salad.

Core and peel three nice large apples, slice them thin and against the grain of the fruit. Peel two fine oranges and remove the thick outside white pulp, slice them rather thicker than the apple and also crosswise. Lay a slice of orange on a slice of apple as near the same size as possible. Save every drop of orange juice for the salad. Place the double slices for the apple in a glass dish. Pour the juice you have collected over the fruit. Sift white sugar thickly over it, also the juice of a lemon, or more if the juice used is very sweet.

Pot Roast.

Take any kind of meat, put into an iron pot a tablespoonful of meat fryings or butter, let it brown, wash off the roast and put into the pot. After it begins to fry pour in enough water to half cover the meat, season with pepper and salt, cover and stew slowly. As the meat begins to fry add more water; turn it often and cook about three hours. A half hour before serving add either Irish or sweet potatoes or turnips and let them brown with the meat.

French Cream Cake.

One cup of white sugar, three eggs, one and a half cups of flour, two tablespoonfuls of cold water, one teaspoonful of baking powder. This is enough for two cakes baked in pie pans, to be split while warm and spread with hot custard, or for four cakes baked in jelly roll pans, with the hot custard spread between them, the latter being the preferable plan.

Ginger Drops.

One cupful of light brown sugar, one egg, two-thirds cupful of butter, two-thirds cupful of molasses, one-half cupful of cold water, large tablespoonful ginger, one large teaspoonful soda, flour to make thick batter. Drop by teaspoonfuls on a well greased pan, bake in moderate oven. These are very nice if properly made.

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How to Sow Your Flower Seed.

After the soil is made ready and smoothed over and made firm the sowing is done. This operation varies according to the size of the seed. The finest seed may be sown broadcast, tearing off a corner of the envelope which holds it and letting the tiny grains fall gently and evenly through the opening.

Another way is to pour the contents of the envelope into the palm of the left hand and with the thumb and two fingers of the right take a pinch of seed and scatter it. The hands, of course, must be quite dry, otherwise the seed will stick to them.

After sowing lift a little fine soil on top and press it down. Another way is to make shallow rows and sprinkle the seeds in either one of the two ways mentioned, then lift the soil on top and press down.

Very large seeds, such as the nasturtium and morning glory, it is easier to place in the trench one by one about two inches apart.

After the seed is sown an excellent idea is to lay a cotton cloth on the bed and wet it well with a watering can. The cloth keeps the ground moist and the soil is not washed out at all by the sprinkling. Until the seeds begin to come through all the watering is done through the cloth.

Remodeling a Picture Hat.

An ingenious woman, with the imperative need for remodeling her picture hat in mind, paused before a display of imported headgear and, with wistful eyes, took in the detail of one fascinating black and white "creation" which was trimmed with heavy white silk ribbon, woven with very narrow black velvet stripes. Anything even approaching the quality of that ribbon or giving the handsome effect of it would be quite beyond the small amount which she would be able to spend on the renovating, but an idea came to her as she stood there, and when she returned home she put it into swift execution. In her box of wide ribbon for girdles and sashes was some of heavy white silk, and among her stores she had laid aside several bunches of the narrowest black velvet ribbon, once used for little collar "dangles," but still in perfectly good condition, needing only to be passed—pile upward—across a fairly warm flatiron. This velvet ribbon she stitched in exact, even rows along the heavy white silk sash ribbon selected for the purpose, and the desired trimming for a very up to date and most becoming chapeau was hers without any expenditure whatever.

Cotton For Seasickness.

"Appropos of the approaching season of ocean voyages," remarked a suburban physician who goes abroad every summer, "I am reminded of a pretty girl I met one evening on the deck of a liner. I asked that she had cotton in her ears and took the liberty of asking if her hearing was affected."

"No," said she, with a smile; "I have cotton in my ears because I don't want to get seasick."

"That was new to me, so I asked her where she obtained the idea."

"Last season," she explained, "on our way across there were a number of deaf mutes on board. Not one of them was seasick on the entire trip. That gave me a thought. I stuffed my ears with cotton, and I did not have a qualm all the way over. Before I tried that experiment I was seasick every day. I was told that the stomach nerves and the nerves of the hearing are in sympathy."

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